



# FLEET FOCUS



COMMANDER U.S. SECOND FLEET MARITIME HEADQUARTERS

Volume 2 Issue 2

Quarterly Newsletter

July 2009

## Commander Second Fleet Visits Joint Forces during JLOTS

*By Mass Communication Specialist 2nd Class  
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East Public Affairs*

CAMP LEJEUNE, N.C. - Commander, U.S. Second Fleet Vice Admiral Mel Williams, Jr. visited here June 18 to meet with exercise participants and learn about the multi-service cargo distribution exercise Joint Logistics-Over-The-Shore (JLOTS) as part of a Distinguished Visitors Day event.

JLOTS is a critical military capability that allows equipment and sustainment supplies to reach specific areas without the benefit of a fixed port facility. This is a capability where military forces can discharge a ship off shore and move cargo into an area of operations without improved port facilities.

The exercise increases interoperability and improves military readiness by alleviating situational sustainment issues.

Williams' visit included various stops around Camp Lejeune to witness firsthand the capability of joint logistics and how Second Fleet may play a part in future JLOTS operations.

"It is a privilege for the Sailors from Second Fleet to participate in this joint exercise with U.S. Transportation Command," Williams said. "At Second Fleet we are focused

on fleet operations, preparing ready forces for execution of the maritime strategy, and also teaming with our allies and partners."

Williams said the Second Fleet connection with JLOTS is primarily in the area of preparing ready forces for maritime strategy execution. He also added that the seabasing aspect of the exercise ties in with Second Fleet's responsibilities.

Seabasing demonstrates the capability to enable sustained joint force combat power from the sea without reliance on land bases. Seabasing is a joint capability where power can be projected and sustained over a long period of time.

"The JLOTS capability enables joint force commanders to project power ashore particularly when there is no mature port facility available," Williams said. "JLOTS and seabasing are capabilities that will better enable the maritime forces to execute the cooperative strategy for the 21st century."

Williams also commented on the benefit of Sailors working in a joint environment.

"The things that I have observed here for the better part of the morning have been quite productive," Williams said. "I have observed Sailors working alongside Army personnel to accomplish mission. It is truly a joint exercise.

It is good when the services operate together on a day-to-day basis. It will better enable us as a joint force to better execute our missions."

JLOTS demonstrates the Department of Defense's ability to deploy, discharge and conduct reception, staging, and deployment of unit equipment and sustainment in a scenario that requires ships to offload while still offshore.

The events are designed to improve military readiness, increase interoperability among participating agencies and test new concepts. JLOTS is being conducted at Camp Lejeune, N.C. from 15 to 19 June.

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Fleet Week



090614-N-6822T-070 CAMP LEJEUNE, N.C. (June 14, 2009) A Lighter Amphibious Re-supply Cargo (LARC) vehicle from Beach Master Unit 2, from Naval Amphibious Little Creek, Va. emerges from the surf on Onslow Beach N.C. during Joint Logistics Over-The-Shore (JLOTS) operations. JLOTS is a joint operation that consists of loading /unloading of ships without fixed port facilities, in friendly or non-defended territory. (U.S. Navy Photo by Mass Communication Specialist 1st Class Daniel A. Taylor/Released)

# A Message From Commander, U.S. Second Fleet

Dear Second Fleet Family and Friends,

We are already halfway through 2009 and I hope you all are having a safe and enjoyable summer thus far.

This is a busy season for Sailors and their families with many people on the move, whether it be for family vacations or permanent change of duty station transfers.

It's important as we hit the road that we consider safety and think about the risks associated with our actions.

These hot and humid months offer not only fun and a change of scenery, but also present an increased risk of storms and hurricanes which lasts through November.

Whether an emergency is weather-related or man-made, it's important to be prepared and know how to respond.

Please take the time to review

and share the summer safety and hurricane preparedness tips with your loved ones.

Since the last edition of this Fleet Focus Newsletter, Second Fleet personnel have been busy executing our mission in the three focus areas of: conducting Safe and Effective Fleet Operations; Preparing Ready maritime Forces for global assignment; and Teaming with Allies and Partners.

Fleet Operations: In late March the USS Iwo Jima Amphibious Ready Group returned from a successful seven-month deployment to the Fifth and Sixth Fleet Areas of Responsibility (AOR).

One of its assigned ships, the guided missile cruiser USS Vella Gulf (CG 72), intercepted and apprehended nine suspected pirates in the Gulf of Aden, after responding to a distress

*Story Continued on page 13*



090520-N-9013W-003 NEW YORK (May 20, 2009) - Vice Admiral Mel Williams, Jr., commander, U.S. 2nd Fleet, winds up to throw the first pitch of the Yankee game against Baltimore during Fleet Week 2009. (Photo by Mass Communication Specialist 1st Class Laurie L. Wood/RELEASED)

## Second Fleet Master Chief's Corner



All Hands,

A very good Hurricane preparedness article was posted in last quarter's newsletter.

I have decided to extend this subject, because we feel strongly about the importance of this topic.

Hurricane season is upon us. My question to everyone is; are you prepared?

As the former Command Master Chief of Naval Air Station Pensacola, FL, I have had the misfortune of experiencing hurricane destruction which came with Hurricanes Ivan, Dennis, and Katrina.

I have learned is that it is extremely important for all of us to take the time to prepare early. Do not wait until a storm is projected to make landfall in your area before taking defensive actions.

Unfortunately, that is what a majority of the population will do, which causes a rapid depletion in needed supplies.

For the safety of your family and yourself please take the time to:

- Update your family info on the Navy Family Accountability and Assessment System (NFAAS) website; <https://www.navyfamily.navy.mil/>
- For an excellent source of information on how to better understand and best prepare for a potential hurricane, go to the National Weather, Hurricane Center website; <http://www.nhc.noaa.gov>.

Each family member, Sailor, and employee of United States Navy is important and valuable. My request is that you lean forward and take action early. "An ounce of prevention is worth a pound of cure."

Please be safe and enjoy your summer.

*Second Fleet CMC  
CMDM(AW/NAC) Mike Stevens*

Commander, Second Fleet

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## Hurricane Preparation and Safety Tips

### **Know the difference between a hurricane watch and a hurricane warning:**

**Watch:** Hurricane conditions are possible in the specified area within 36 hours.

**Warning:** Hurricane conditions are expected in the specified area, usually within 24 hours.

### **Prepare your home and yourself for a hurricane:**

- Inspect your yard and property for potential problems that may cause damage during a hurricane.
- Make trees more wind resistant by removing diseased and damaged limbs, strategically remove branches so wind can blow through.
- Move or secure any objects that could become airborne during high winds. Bring inside any outdoor furniture, outdoor decorations or ornaments, trash cans, hanging plants, and anything else that can be picked up by the wind. If possible, remove outdoor antennas.
- Consider installing protection for windows such as marine plywood panels of 1 ½ inch thickness; learn how to install the panels and be sure to mark where each panel will go when needed. Install anchors for the plywood and pre-drill holes in the plywood so that you can put it up quickly.
- Note: Tape does not prevent windows from breaking, so taping windows is not recommended.
- If there is time, move furniture, electronics and other valuables to the highest level of your home.
- Communicate with co-workers and family members often to ensure that everyone knows what to do and when.
- Keep paying close attention to the progress of the hurricane via any means possible; check often for official bulletins on radio, TV or National Oceanic and Atmospheric Administration (NOAA) Weather Radio.
- Be ready to act quickly if and when a hurricane warning is issued.
- Listen to announcements from local officials and leave if told to do so.
- Fuel vehicles in case it is necessary to evacuate the area.
- Check and secure mobile structure tie downs.
- Stock up on canned food and other non-perishable items; be sure to have a manual can opener.
- Check radio and flashlight batteries and be sure to have extra batteries on hand.
- Be sure to have an adequate supply of

special medicines and prescription drugs.

- Be sure to have first aid supplies.
- Wedge sliding glass doors to prevent lifting from their tracks.
- Turn refrigerator and freezer to coldest settings if not instructed by officials to turn off utilities. Open only when absolutely necessary and close quickly.
- Review evacuation plans. Contact your local emergency management office or American Red Cross chapter and ask for the community preparedness plan. Plan an evacuation route that will take you 20-50 miles inland.
- Board up garage and porch doors.
- Fill clean containers with several days supply of drinking water.
- Find shelter for domestic animals and be sure to have a supply of food and drinking water for animals on hand.

### **Once a hurricane warning has been issued:**

- Use the telephone only for emergencies.
- Stay indoors on the downwind side of the building away from windows.
- Be aware that the “eye” of the storm is deceptively calm; the storm is not over. The worst part of the storm will happen once the eye passes over and the winds blow from the opposite direction. Trees, shrubs, buildings and other objects damaged by the first winds can be broken or destroyed by the second winds.
- Be alert for tornadoes. Tornadoes can happen during a hurricane and after the storm passes over. Remain indoors, in the center of the building, in a closet or bathroom without windows.
- Do not stay in any mobile structure.

### **If an evacuation is necessary:**

- Leave areas that may be affected by storm tide or stream flooding.
- If it is necessary to evacuate, leave early, in daylight if possible.
- Take small valuables and papers but travel light.
- Take cash, credit cards, and copies of important papers, including bank accounts, insurance and household records.
- Be sure to wear sturdy shoes and take a change of clothing.
- Leave food and water for domestic animals.
- Shut off utilities and disconnect electricity, sewer and water lines. Shut off propane tanks and leave them outside after anchoring them securely.
- Lock up buildings.
- Drive carefully to nearest designated shelter using recommended evacuation routes.

- Stay away from flood waters. If you come upon a flooded road, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car and climb to higher ground.

### **Once the hurricane has ended:**

- Continue listening to the NOAA Weather Radio or local radio and television stations for instructions.
- If evacuated, return only when local officials tell you that it is safe to do so.
- Inspect your home for damage.
- Do not walk in, play in or drive through flooded areas. Flood water contains hidden hazards and may be deeper and faster-moving than it appears.
- Wear shoes at all times. If you get a cut or puncture wound, get a tetanus booster shot if you have not had one in the past 5 years.
- Stay away from downed power lines.
- Use flashlights in the dark; do not use candles.

### **Purifying drinking water:**

- Public and private wells that have been flooded or have lost electricity may become contaminated. Water must be treated before use.
- Contact your health department about well water testing.
- Tap water used for drinking, cooking, brushing teeth or making ice must be boiled for at least three minutes before use. (Pregnant women as well as children should use bottled water instead of tap or boiled water.)
- Baby formula should be made with bottled water.
- If you cannot boil tap water, it can be treated with bleach. Use 8 drops (1/4 teaspoon) to one gallon of tap water. Mix thoroughly and let stand for 30 minutes before using. (Warning: Do not use bleach that is scented or contains soap.)
- Do not use flood water for any use.

### **Food and medicine:**

- Any foods (even those in cans, plastic or glass) that have come into contact with flood water should be thrown away.
- If the power has been off for more than 4 hours or food is warmer than 45 degrees Fahrenheit, it should be discarded.
- Do not re-freeze thawed food.
- Medicines and cosmetics that have come into contact with flood water should be thrown away.

# Hurricane Evacuation Route



## In the Event of Lane Reversal on I-64:

- No traffic will be allowed to travel east on the interstate. All I-64 eastbound lanes and ramps between Norfolk and Richmond will be closed to eastbound traffic from just east of the Hampton Roads Bridge-Tunnel to I-295 east of Richmond.

- The entrance to reversed lanes of I-64 is in Norfolk, just east of the Hampton Roads Bridge-Tunnel at mile marker 273. Motorists will continue traveling eastbound until they exit I-64 or until they reach I-295 east of Richmond. All traffic entering I-64 west of the Hampton Roads Bridge-Tunnel will travel in the westbound lanes.

- There will be only two possible exits for traffic traveling on the reversed lanes between Norfolk and I-295: Exit

234 in Williamsburg (Route 199) for gas, food, lodging and hospital and Exit 205 in Bottoms Bridge for gas and food. Without exiting, motorists can access a comfort station on I-64 near Jefferson Avenue (mile marker 255) and the safety rest areas in New Kent County.

- Motorists exiting the reversed lanes at Exit 234 or Exit 205 cannot re-enter the reversed lanes. Once motorists exit the reversed lanes, they can re-enter I-64 using the normal I-64 westbound ramps.

- All traffic traveling in the westbound lanes of I-64 can exit and enter the interstate as they normally would, though some entrance and exit ramps could be closed for traffic control.

For traffic information tune your radio to 610 am or dial 544.



030918-N-3235P-018 Naval Station Norfolk, Va. (Sept. 18, 2003) -- Rain and heavy winds from Hurricane Isabel flooded portions of Fleet Parking at Naval Station Norfolk, Va., today trapping some vehicles in water as high as their windows as the hurricane proceeded inland. Hurricane Isabel, which cost the Navy nearly \$130 million in damage in the Mid-Atlantic region of the U.S., made landfall as a category 2 storm near Cape Hatteras, N.C., approximately 100 miles south of Norfolk. U.S. Navy photo by Photographer's Mate 1st Class Michael Pendergrass. (RELEASED)

## Disaster Preparedness



The following supplies are recommended for a basic emergency kit:

- Water—at least one gallon per person per day for at least 3 days
- Food—nonperishable food for at least 3 days
- Manual can opener
- First aid kit
- Prescription medications
- Dust masks
- Personal sanitation supplies such as moist towelettes, garbage bags, and plastic ties
- Flashlight
- Battery-powered or hand-crank radio
- All hazards NOAA (National Oceanic & Atmospheric Administration) weather radio
- Extra batteries
- Cash
- Wrench or pliers to turn off utilities
- Local maps and your family emergency plan
- Your command muster information
- Important documents

### PREPARE

Preparing in advance could keep an emergency from becoming a disaster for you and your family. Take these simple steps to prepare:

1. Be Informed—Knowing what to do can make all the difference when seconds count
  - Know what emergencies are most likely to affect you and your family
  - Know the local emergency warning system in your area and what actions to take if there is an emergency
2. Have a Plan—Consider the range of possibilities and places you might be
  - Plan reactions to various emergencies
  - Plan how your family can stay in touch
  - Practice your plan
3. Make a Kit—Consider the basics of survival and also special needs
  - Assemble emergency supplies in your home, car, and workplace
  - Be ready in case you must evacuate quickly

For additional information and planning tools, go to <http://www.cnic.navy.mil>.

### MUSTER

During and/or following an emergency, you are required to report your status with your command to ensure all members of the Navy family are accounted for. When disaster strikes, take the following actions:

1. If ALPHA Personnel: be prepared to perform traffic control, fire protection, utility operations, security, watches, emergency services, and other such duties designated “critical” by Commanding Officers or Officers in Charge.
2. If BRAVO Personnel: follow your directorates guidelines for mustering information and evacuate effected area while checking TV and radio stations for shelter information.

3. Call for more information—  
Emergency Coordination Center:  
877-414-5358

#### Second Fleet Ombudsman

Rachel Haag 757-831-7693

#### Assistant Ombudsman

Amina Cooks 757-831-7926

#### Fleet and Family Service Centers

Norfolk	757-444-2102
Little Creek	757-462-7563
Oceana	757-433-2912
Dam Neck	757-492-6342
Newport News	757-688-NAVY
Northwest	757-421-8770
Yorktown	757-887-4606
After Hours	757-444-NAVY

*(Available to all of Hampton Roads)*

#### Navy-Marine Corps Relief Society

Norfolk	757-423-8830
Little Creek	757-464-9364
Oceana	757-425-5789
Portsmouth	757-953-5956
	757-953-5697

#### Navy Exchange

Norfolk 757-440-6528  
[www.navy-nex.com](http://www.navy-nex.com)

#### Commissary

757-423-6070  
757-423-3188



## A Checklist for New Military Spouses

If you've recently married a member of the U.S. military, there is more to think about than the ring and the marriage license.

You and your spouse need to complete a checklist of other tasks to ensure that you receive appropriate benefits and necessary information has been updated.

Talk to your spouse about this list. He or she will need to complete some of these steps.

### You will need:

- Service Member's Military ID
- 2 forms of ID—One picture ID for spouse plus one more piece
- Original Marriage Certificate
- Divorce Decree (if applicable)
- Children's Birth Certificates (if applicable)
- Social Security Card—for spouse changing name
- Custodial Papers (if applicable)

### Update DEERS by adding spouse (and children, if applicable):

- Obtain DD Form 1172 from PSD/Admin/Customer Service.
- You will need the new spouse's photo ID and another ID, as well as children's birth certificates.
- If the new spouse is military, update married status as Joint Spouse Marriage.
- Create a Family Care Plan for dependent children.

### Update Record of Emergency Data:

- Obtain DD Form 93/RED/CG-4170A. Update page 2.
- Add spouse and children if applicable.

### Update Servicemember's Group Life Insurance Election and

### Certificate (SGLV8286):

Visit [www.insurance.va.gov/miscellaneous/index.htm](http://www.insurance.va.gov/miscellaneous/index.htm)

### Update TRICARE/Dental:

- Enroll in regional TRICARE. Contact the TRICARE Service Center of Health Benefits Advisor to enroll dependents in TRICARE Prime.
- Visit [www.tricare.mil/mybenefit/](http://www.tricare.mil/mybenefit/)
- Enroll in Dental Plan: 1-888-622-2256. Visit [www.tricare dental-program.com](http://www.tricare dental-program.com)

### Legal Information:

- Power of Attorney—If you need to conduct business on your spouse's behalf
- Make or update your wills.

### Other:

- Request housing or BAH.
- Obtain new Social Security card if a spouse has changed his/her last name.
- Obtain access to MyPay, LES, or bank accounts.

### Important information to have:

- Unit name and contact information
- Ombudsman's name and contact information
- Phone number for American Red Cross
- Chaplain's name and phone number



090611-F-1942W-237 NEW YORK (June 11, 2009) Lt. Kelly Lanning and his new wife, Megan O'Brien, enjoy a pedi cab ride following their wedding ceremony on Military Island in Times Square. They joined four other military couples pledging their love and commitment for each other as well as the country in a ceremony covered widely by the New York media. A small number of family and friends were on hand to witness the ceremony coordinated by WE tv and the USO of Metropolitan New York. (U.S. Air Force photo by Cpt. Angela Webb/Released)

## C2F Individual Augmentees

### IT1 Lakeisha Bolden

24 Nov 08 - 19 Jul 09 / Iraq

### IS2 Kyle Sarver

9 Feb 09 - 15 Sep 09 / Bahrain

### OS3 Jack Chan

10 Nov 08 - 17 Oct 09 / Iraq

### LT Eric Turner

25 Jan 09 - 21 Nov 09 / Djibouti

### IT3 William Randall

27 Apr 09 - 7 Apr 10 / Iraq

### IT3 Jonathan Justice

4 May 09 - 13 Jan 10 / Iraq

### OS2 Latoya Vaughn

11 May 09 - 30 May 10 / Iraq

### OS2 Ronald Lozano

18 May 09 - 18 Apr 10 / Iraq

### Input is welcome!

First and foremost, the ombudsman is here to help service members and their families. Should there be a question, concern, or comment, please let us know.

We will do our best to assist!

### Drop an email to:

[c2fombudsman@yahoo.com](mailto:c2fombudsman@yahoo.com)

### Or call us at:

Rachel: 757-831-7693

Amina: 757-831-7926

Watch this newsletter for important information. The ombudsman is here to help.

# Safety Information

## SUMMER SAFETY TIPS

### FUN IN THE SUN

Source: <http://www.aap.org/advocacy/archives/tanning.htm>

### HEAT STRESS IN EXERCISING CHILDREN

Source: <http://www.aap.org/policy/re9845.html>

The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.

At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.

Before prolonged physical activity, the child should be well-hydrated.

During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does not feel thirsty.

Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat.

Sweat-saturated shirts should be replaced by dry clothing.

Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted.

### POOL SAFETY

Source: <http://www.aap.org/family/tippool.htm>

Install a fence at least four-feet high around all four sides of the pool.

The fence should not have openings or protrusions that a young child could use to get over, under, or through.

Make sure pool gates open out from the pool, and self-close and self-latch at a height children can't reach.

Never leave children alone in or near the pool, even for a moment.

Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool.

Choose a shepherd's hook and other rescue equipment made of fiberglass or other materials that do not conduct electricity.

Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.

Children may not be developmentally ready for swim lessons until after their fourth birthday.

Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning.

Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."

### BUG SAFETY

Don't use scented soaps, perfumes or hair sprays on your child.

Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.

Avoid dressing your child in clothing with bright

colors or flowery prints.

To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.

Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.

Insect repellents containing DEET are most effective against ticks, which can transmit Lyme Disease, and mosquitoes, which can transmit West Nile Virus and other viruses.

The current CDC and AAP recommendation for children over 2 months of age is to use 30 percent DEET. DEET should not be used on children under 2 months of age.

The concentration of DEET in products may range from less than 10 percent to over 30 percent.

Ten percent DEET only protects for about 30 minutes - inadequate for most outings.

The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when back indoors.

For more information on DEET: <http://www.aapnews.org/cgi/content/full/e200399v1>

### BICYCLE SAFETY

Source: <http://www.aap.org/family/bicycle.htm>

Source: <http://www.aap.org/family/tbikmyth.htm>

Do not push your child to ride a 2-wheeled bike until he or she is ready, at about age 5 or 6.

Consider the child's coordination and desire to learn to ride.

Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.

Take your child with you when you shop for the bike, so that he or she can try it out.

The value of a properly fitting bike far outweighs the value of surprising your child with a new one.

For more information on finding the proper fit, go to <http://www.aap.org/family/bicycle.htm#choosing>

Buy a bike that is the right size, not one your child has to "grow into."

Oversized bikes are especially dangerous.

Your child needs to wear a helmet on every bike ride, no matter how short or how close to home.

Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets.

Children learn best by observing you.

Whenever you ride, put on your helmet.

When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.

A helmet protects your child from serious injury, and should always be worn.

And remember, wearing a helmet at all times helps children develop the helmet habit.

A helmet should be worn so that it is level on the head, not tipped forwards or backwards.

The strap should be securely fastened, and you should not be able to move the helmet in any direction.

If needed, the helmet's sizing pads can help improve the fit.

### SKATEBOARD, SCOOTER, IN-LINE SKATING AND HEELYS SAFETY

Source: <http://www.aap.org/advocacy/archives/marskate.htm>

Children should never ride skateboards or scooters in or near traffic.

All skateboarders and scooter-riders should wear a helmet and other protective gear; wrist guards are particularly important.

Communities should continue to develop skateboard parks, which are more likely to be monitored for safety than ramps and jumps constructed by children at home.

While in-line skating or wearing Heelys, be sure to wear appropriate protective equipment and only skate on designated paths or rinks and not on the street.

### LAWN MOWER SAFETY

Source: <http://www.aap.org/family/tiplawn.htm>

Try to use a mower with a control that stops the mower from moving forward if the handle is let go.

Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.

Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.

Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins.

Have anyone who uses a mower wear hearing and eye protection.

Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.

Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.

Do not allow children to ride as passengers on ride-on mowers.





## Second Fleet Softball Team Competes in Base Softball League

Story by Mass Communication Specialist 3rd Class  
Tyler J. Wilson

NORFOLK, Va. — When asked why members of the Commander, U.S. Second Fleet softball team play the game, the answers you'll receive are often as unique as the team on the field.

"I play for the love of the game, it's just plain fun to play."

"I like to hit!"

"It's good exercise."

"It's a game of teamwork and individual effort."

Twice a week, Second Fleet's softball team battles it out with Sailors and Marines from shore commands across the region during their trek to make it to the playoffs and compete for the finals.

Players feel that Second Fleet's diverse line-up is a key asset to their success.

"One of our biggest strengths is our diversity throughout the ranks," said Operations Specialist First Class Jason Wilson, co-captain of Second Fleet's softball team. "When your team consists of captains, chiefs and leading petty officers (LPOs), along with the junior enlisted group, you get years of experience along with new guys ready to jump in. That leadership and youth is a good combination on the diamond."

Information Systems Technician Second Class Justin Osborne, co-captain of Second Fleet's softball team, believes that they have one key advantage that other teams lack.

"What makes our team different from

a lot of teams out there is our heart and hustle," said Osborne. "As in the workplace, on the field we challenge ourselves to perform at the highest level possible and even if someone's not the greatest at their position or they make a mistake, they quickly put it away and show a lot of heart to survive the mistakes and press through."

Last week Second Fleet's heart and hustle were tested when they were down 13-1 in the second inning of a game against Carrier Airborne Early Warning Squadron 120 (VAW-120), but managed to come back and win the game 19-17.

"We never gave up in that game, and after the first few innings we looked like we had never played softball before," said Osborne. "It was our heart and hustle that kept us in it and allowed us to steal a victory. Not every team can overcome being down 12 runs in slow-pitch softball, but we did."

Along with improving teamwork between the ranks, playing team sports also contributes directly to another aspect of the Navy, staying in shape. Softball, like many teams sports, provides an alternative option to the normal command physical training to meet the physical fitness requirements of the Navy.

"Getting out and exercising is one of the benefits from playing command softball," said Wilson. "It allows you to PT without having to go to the gym and do the same push-up, sit-up and run routine."

Osborne believes that another positive attribute of playing command sports is that

it builds command camaraderie throughout the ranks.

"Playing softball shows command involvement on field and off the field," said Osborne. "We polish leadership traits during games. Anyone who is playing on the field is going to be a leader at some time, whether it's hitting a sacrifice fly or taking a walk to benefit the team, or spending that little extra time helping a teammate field grounders, everyone becomes a leader and that's good for our younger Sailors to see and participate in."

With the regular season at a close, Second Fleet's softball team is currently the 4th seed in a single-elimination tournament.

"I believe we'll compete for a championship," said Wilson. "We're going to field the best team possible and keep this thing going as long as we can, win or lose, it's been a good ride."



090624-N-9985W-024 NORFOLK, Va. (June 23, 2009) Commander Second U.S. Fleet's Yeoman 1st Class Daniel Pabon delivers a key hit in their softball game against Airborne Early Warning Squadron One Two Zero (VAW 120). (U.S. Navy photo by Mass Communication Specialist 3rd Class Tyler J. Wilson).



090624-N-9985W-019 NORFOLK, Va. (June 23, 2009) Commander Second U.S. Fleet's softball team prepares to field a ball as a player from Carrier Airborne Early Warning Squadron One Two Zero (VAW 120) hits a single towards the 3rd baseman. (U.S. Navy photo by Mass Communication Specialist 3rd Class Tyler J. Wilson).



# PWMDQ Experiment

## Scientists Conduct Stress Experiment at Commander U.S. Second Fleet

### During Trident Warrior 09



090624-N-9900B-039 NORFOLK (June 24, 2009) Matthew Yanagi, research scientist from Space and Naval Warfare Systems Command (SPAWAR), Systems Center, Pacific tracks a participant's physiological responses during an experiment. This experiment uses commercial analysis technologies to record and evaluate the workload and mental processes of people as they perform tasks at a computer workstation. (U.S. Navy photo by Mass Communication Specialist 2nd Class Remus Borisov/Released)

*Story by Mass Communication Specialist 2nd Class Remus Borisov*

NORFOLK, Va. – Space and Naval Warfare Systems Command (SPAWAR) conducted their Physiological Measurement of Workload and Decision Quality (PMWDQ) at Commander, U.S. Second Fleet during exercise Trident Warrior 09 (TW 09) at Naval Station Norfolk, June 22-26.

The PMWDQ during TW 09 is designed to improve information flow by collecting data on how interaction between people and computers impacts real-time human performance.

"We are trying to combine the operator and the combat system into a single functioning entity," said Steve Murray, a senior scientist of SPAWAR, Systems Center, Pacific. "We aim to design a program that will accommodate military members in the future by using operator state information to gain optimum performance and maintain it."

This experiment uses commercial analysis technologies to record and evaluate the workload and mental processes of people as they perform tasks at a computer workstation.

"We're using sensors attached to the arm, chest, and head that will detect decision points and assess operator workload. A head-mounted camera will track the operators' visual gaze and attention patterns to better understand the context of operator decision making, and an external video camera will capture and match task

events with physiological responses," said Matthew Yanagi, research scientist from SPAWAR, Systems Center, Pacific.

Active duty and reserve component servicemembers participated in the experiment, which lasted approximately two hours in duration and required them to operate a battle system.

"I felt like I was contributing to technology advances in the fleet. It was a privilege to be a part of this experiment," said Cmdr. Robert Nowakowski of Naval Cooperation and Guidance for Shipping, United States Fleet Forces Command. "The utilization of technology in Trident Warrior was particularly impressive," he added.

The results will be compared with benchmarks from current laboratory research results to validate the sensitivity, accuracy and reliability of these measures. This effort has potential for future applications in workload management, training and decision support.

"Operators have been optimizing computers for years and computers now have the capability to optimize human performance at the same time," said Murray. "We're trying to push the development of the systems onto the deckplates."

Experienced system operators will assist in evaluation of experiment participants to determine the relative value of each physiological measure and to assess the potential of this approach to human performance support.

"This experiment was well received. I'm happy Second Fleet allowed us the opportunity to experiment here during Trident Warrior. A lot of technologies wouldn't be in the fleet without opportunities like this," said Yanagi. "A real world setting for this experiment is extremely rewarding for our research efforts."

The Trident Warrior exercise series was developed in 2003 by Naval Network Warfare Command (NNWC) to enhance the Navy's war fighting capability. Scenarios are designed to improve the Navy's capability as a ready force and are planned with staff from Commander Second Fleet, NNWC, Space and Naval Warfare Systems Command (SPAWAR), Navy Warfare Development Command (NWDC) and the Naval Postgraduate School.

The technical experimentation of TW 09 is designed to provide answers to questions involving more than 115 FORCENet

technologies. TW 09 will assess the land and sea-based technologies organized into 12 specific focus areas including networks, coalition, information operations, command and control (C2), intelligence, surveillance and reconnaissance (ISR), electronic warfare, distance support, information assurance / cross domain solutions, information transport, sea shield, fires, and maritime domain awareness (MDA).

This year, Commander U.S. Second Fleet developed a companion experiment to run concurrently with Trident Warrior to examine command and control at the Operational (as opposed to Strategic or Tactical) level. This experiment is referred to as Operational Level Command and Control, or OLC2 for short. During the experiment, participants will be concentrating efforts on the normal peacetime level of operations to bring in participation by maritime operations centers (MOCs) in Halifax, Canada; Turku, Finland; Lisbon, Portugal; Northwood, UK (NATO and UK national MOCs); and U.S. Fourth Fleet. Second Fleet will be hosting observers from France, Italy, Turkey, Spain, and Sweden at various times.

The OLC2 experiment will make use of selected technology enhancements pertinent to operating with coalition maritime forces and some new developments of primary interest to the U.S. Navy. Among the principal products of this experiment are assessments of how well the technology enhancements support command & control and a tactical memorandum identifying the best practices we found from analysis results of the OLC2 proceedings.



090624-N-9900B-014 NORFOLK (June 24, 2009) CDR Robert Nowakowski, Naval Cooperation and Guidance for Shipping participates in an experiment tracking his physiological responses during Trident Warrior 09. This experiment uses commercial analysis technologies to record and evaluate the workload and mental processes of people as they perform tasks at a computer workstation. (U.S. Navy photo by Mass Communication Specialist 2nd Class Remus Borisov/Released)



# Around the Fleet



090501-N-9134V-017 NORFOLK (May 1, 2009) Chief Hospital Corpsman Tony Ward greets his family on the pier as the Arleigh Burke-class guided-missile destroyer USS Truxtun (DDG 103) arrives at its new homeport at Naval Station Norfolk. The ship was commissioned Saturday, April 25 in Charleston, S.C. (U.S. Navy photo by Mass Communication Specialist 2nd Class Flordeliz Valerio/Released)



090311-N-6247V-089 ATLANTIC OCEAN (March 11, 2009) Damage Controlman Fireman Shaun Cox, assigned to the guided-missile cruiser USS Philippine Sea (CG 58) visit, board, search and seizure team boards the guided-missile destroyer USS Porter (DDG 78) during a training exercise. (U.S. Navy photo by Mass Communication Specialist 3rd Class Candice Villarreal/Released)



090508-N-5292M-161 NORFOLK (May 8, 2009) Hull Maintenance Technician 3rd Class Rafael Serrano pulls the hood over the mask of Damage Controlman Fireman Leonard Richardson while racing to don chemical, biological and radiological defense gear during the Damage Control Marathon at the Farrier Fire Fighting compound during Surface Line Week 2009. Surface Line Week is a weeklong series of competitive events for Hampton Roads-area surface Sailors to compete in professional and athletic events. (U.S. Navy photo by Mass Communication Specialist 1st Class Julie R. Matyascik/Released)



090505-N-5712P-010 NORFOLK (May 5, 2009) Machinist's Mate Fireman Alex Nanjero inserts the torch to ignite the fuel and light fires in the Number Two boiler of the amphibious assault ship USS Nassau (LHA 4) number two boiler. (U.S. Navy photo by Mass Communication Specialist 3rd Class Jonathan Pankau/Released)



090427-N-2248M-045 NORFOLK, Va. (April 27, 2009) – Vice Adm. Mel Williams Jr., (center) Commander, U.S. Second Fleet, stands with the Second Fleet staff and Commanding Officers of the USS Bataan (LHD 5) and USS Iwo Jima (LHD 7) after a change of flagship ceremony at pier 10 at Naval Station Norfolk April 27. U.S. (Navy photo by Mass Communications Specialist 1st Class Moises Medel)



090513-N-9985W-059 NORFOLK, VA (May 13, 2009) – The multi-purpose amphibious assault ship USS Bataan (LHD 5) departs from Naval Station Norfolk as part of the Bataan Ready Group / 22nd Marine Expeditionary Unit on a regularly scheduled deployment to the Fifth and Sixth Fleet areas of operation May 13. The Bataan Amphibious Ready Group is comprised of the Bataan and the amphibious transport dock USS Ponce (LPD 15) and the amphibious dock landing ship USS Fort McHenry (LSD 42) (U.S. Navy photo by Mass Communication Specialist 3rd Class Tyler J. Wilson/)



# Career Information

## Special Duty Assignment Pay Revised

*By Mass Communications Specialist 1st Class (AW) LaTunya Howard, Navy Personnel Command Public Affairs*

MILLINGTON, Tenn. (NNS) -- NAVADMIN 156/09, announces revisions in special duty assignment pay (SDAP), which take effect July 26.

The revisions adjust SDAP levels for active and Reserve component full-time support (FTS) Sailors, but the majority of SDAP pay remains unchanged from 2008.

"We typically release a new SDAP plan

once per year," said Jeri Busch, the head of the military pay and compensation policy branch for the chief of naval personnel. "Out of 166 line items, we reduced 36 single-level and 21 multi-level, with seven going to zero and 102 remaining unchanged," said Busch.

Approximately 26,500 Sailors receive SDAP each month, and of these, 6,300 are affected by this message. Adjusted pay rates will be reflected in the August pay cycle, said Busch.

Sailors whose SDAP will be eliminated will receive half of their previous SDAP en-

tlement for 12 months, or until the Sailor completes the tour, whichever comes first.

The SDAP program is an incentive for Sailors to serve in designated billets that are considered extremely difficult or entail arduous duty. Program levels change to reflect the current environment associated with each billet.

Commands holding SDAP billets are required to complete an annual recertification by Aug. 31. Guidance for this process can be found in NAVADMIN 168/09.

For more information on SDAP, visit [www.npc.navy.mil](http://www.npc.navy.mil).

## Sailors' Feedback Improves Rate Training

*By Lt. Adam Murrell, Center for Surface Combat Systems*

DAHLGREN, VA (NNS) -- Sailors now have the opportunity to voice their concerns regarding individual rate training and community health.

Originally introduced in December 2005, the first human performance requirements review (HPRR) was conducted to assist in establishing a systematic approach to identify training shortfalls more effectively within the fleet, as well as to connect training to rate and community management.

The Center for Surface Combat Systems (CSCS) headquartered in Dahlgren, Va., initially began by reviewing the boatswain's mate rate at Fleet Anti-Submarine Warfare Training Center (FLEASWTRACEN) in San Diego with the help of more than 30 Sailors after receiving feedback from the waterfront about the rate training process.

To assess issues properly, each human performance review included three basic deep-dive elements: manpower and manning; training issues and continuum; and technical systems or training system issues.

Then CSCS Commanding Officer, Capt. Roger Easton, established the agenda for the BM HPRR which included assessing:

- \* Technical accuracy of data
- \* Documented fleet training requirements
- \* Accuracy and compatibility of technical manuals, personnel qualification

standards (PQS), rate training manuals (RTM), enlisted occupational standards (OCCSTDs), Navy training system plan (NTSP), planned maintenance system (PMS), Navy mission essential task lists (NMETLS) and tactics.

\* Combat system and weapons systems equipment concerns that relate to a Sailor's skill and knowledge and the training requirements to support each.

\* Accuracy of e-learning tools and resources on Navy Knowledge Online (NKO).

In nearly three years, the annual reviews of each of the rates have provided stellar results including the establishment of the harbor pilot training, up-to-date rate training manuals and PQS just to name a few.

Currently, the HPRR process reviews nine rates that fall under the purview of CSCS:

- \*Boatswain Mate (BM)
- \*Electronics Technician (ET)
- \*Fire Controlman (FC)
- \*Gunner's Mate (GM)
- \*Interior Communications (IC)
- \*Mineman (MN)
- \*Operations Specialist (OS)
- \*Quartermaster (QM)
- \*Sonar Technician (STG)

Each enlisted community is headed by a rate lead that has a team of dedicated officers and senior enlisted chiefs, who continually gather data, assess concerns and work toward improving the enlisted rate.

For the HPRR process to be successful, fleet involvement is a must.

"Without active fleet participation, the HPRR process will not be as effective as it is designed to be. We established this to be a vehicle for fleet curriculum and rate learning continuum review and validation with community management and system experts present," said Capt. Stephen Hampton, commanding officer of CSCS Dahlgren.

"It is essential that fleet support communities participate and receive feedback to bridge the gaps between the five elements of curricula: programs of record, occupational standards, PQS, NMETL/NTA, and TFOM/TACFOM."

HPRR dates are as follows:

- \*QM HPRR will be conducted at Norfolk, 1 - 5 June
- \*BM HPRR will be conducted at San Diego, 9 - 11 June
- \*ET HPRR will be conducted at San Diego, 3 - 17 July
- \*FC HPRR will be conducted at San Diego, 21 - 24 July
- \*GM HPRR will be conducted at San Diego, 4 - 6 August

For a complete detailed report of each enlisted rating or to find out how to participate, log onto Navy Knowledge Online at [www.nko.navy.mil](http://www.nko.navy.mil) and search for each community of practice page by selecting "Learning Centers" in the pull down menu under the NKO logo and then selecting "Surface Combat Systems"

# Chaplain's Call



## FAMILY PRIDE AND PROFESSIONALISM

Military culture thrives on pride and professionalism. I like to think of these two elements as two of the most important wrenches in a mechanics toolbox. If they go missing from the toolbox, the work doesn't get done as required. The same logic can be applied to family life.

Pride and professionalism is driven by intentional decisions and actions. For example, the simple decisions made during our waking hours every day help set us up for success in that day, regardless of what the day holds for us. The difference between an optimist and a pessimist has been described as follows: The optimist awakens in the morning and mentally exclaims "Good morning Lord!" The pessimist awakens in the morning and mutters "Good Lord. It's morning." Put another way, attitudes often speak so loudly that no one can hear what we are saying. Families know this all too well. The first words spoken when everybody comes to life in the morning often set the tone for the entire day.

Remember that words contain the power to hurt or heal.

Lucky us! Military folks have a unique luxury of not having to make decisions about what to wear every day. The "uniform of the day" is always set. But we do make choices about how we wear our uniform, the level of detail we put into preparing it in order to make the best possible professional appearance in the workplace. The expected daily behavior is to choose to have a squared away uniform. Funny how the rules relax at home on non duty days, often allowing husbands, wives, and children freedom to assume that any appearance is acceptable. Don't! Remember that appearance is a prime mover in bringing people together in relationships. A pleasing appearance generates a desire to be in the company of the person looking on. Taking an extra measure of pride in your appearance not only makes you feel more professional, it goes a long way in sustaining relationships. Go ahead. Make that choice.

*CAPT J.M. Hightower, CHC, USN  
Fleet Chaplain*



## CREDO Retreat and Workshop

### June 2009

5-7: Spiritual Growth Retreat  
12-14: Personal Growth Retreat  
15: IA Warrior Transition Workshop  
17-18: Personal Growth Workshop (NAS Oceana)  
26-28: Marriage Enrichment Retreat

### July 2009

17-19: Marriage Enrichment Retreat  
20: IA Warrior Transition Workshop  
24-26: IA Family Enrichment Retreat  
29-30: Personal Growth Workshop (NAVSTA Norfolk)

### August 2009

7-9: Marriage Enrichment Retreat  
12-13: Applied Suicide Intervention Skills Training  
21-23: Women's Retreat  
28-30: IA Warrior Transition Workshop

**ALL RETREATS ARE FREE**  
(Lodging and meals included)

For more information contact RP1 Gibson at 443-9850 x47329.

To register for a retreat or workshop contact the Spiritual Fitness Center at 444-7654.



# Bravo Zulu

## Continued from page 2

call from a nearby merchant vessel.

Shortly after IWO's return, they assumed duties as the Second Fleet Flagship from USS Bataan, just prior to the Bataan Amphibious Ready Group/22nd Marine Expeditionary Unit (BAT ARG/22MEU)'s deployment. Displaying great flexibility and readiness, Iwo Jima's crew quickly responded to a short-notice tasking and is now in the Africa Command Area of Responsibility supporting a national-level operation.

**Ready Forces:** Second Fleet has broken new ground in better preparing individual unit ship commanding officers and their crews to operate in a complex, uncertain operating environment similar to the real world environments experienced by units involved in counter piracy and other irregular warfare support missions.

A Fleet Irregular Warfare Training (FIWT) exercise in March was an important step for Second Fleet toward improving the quality and realism of training for independent deployers.

We intend to continue this type of realistic Fleet Irregular Warfare training. We will also continue to train and certify Carrier Strike Groups and Amphibious Ready Groups/Maritime Expeditionary Units for the high end of military operations, Major Combat Operations.

In June USS Harry S. Truman Carrier Strike Group conducted its Composite Training Unit Exercise (COMPTUEX) which brings the carrier, assigned ships and aircraft together to prepare to operate as a strike group in advance of their deployment later this year.

While nothing can ever replace underway training, the current fiscal constraints felt at all levels of our government requires us to find innovative ways to maintain readiness while conserving energy.

To this end, Second Fleet will be executing a major Fleet-wide synthetic training event in late July. "Operation Bold Spectrum" will provide realistic operational training for major staffs and over 20 ships, without get-

ting underway and consuming fuel.

**Allies and Partners:** In the Spring, more than 180 military and civilian attendees representing 24 nations took part in our NATO support Combined Joint Operations from the Sea Centre of Excellence (CJOS COE) second annual Maritime Security Conference in Sorrento, Italy.

We also operated successfully with our Canadian partners in executing successful Fleet Weeks in Port Everglades and New York City.

Both events showcased the diversity of our maritime forces to thousands of local community members and potential future recruits.

We've included some great photos from both Fleet Weeks in this issue and many more are posted on the second fleet website at [www.second-fleet.navy.mil](http://www.second-fleet.navy.mil).

We are thankful for your support and wish everyone the best for a safe and enjoyable summer.

Mel Williams, Jr.



Commander, U.S. Second Fleet would like to congratulate the following on their achievements.

### IS1 Penning

-Runner-up for Shore Intelligence Specialist of the Year.

### OS1 Royes and OS2 Venagas

-Received diploma for Bachelor's Degree from Saint Leo Univ.

### YN1 Brumsey

-Received Volunteer Service Medal for 8 yrs. of community service.

### ITSN Sylvester

-Selected to the U.S. Naval Academy Preparatory School

### OS1 Wilson

-Sailor of Quarter

### LN2 Washington

-Junior Sailor of the Quarter

### MC3 Wilson

-Blue Jacket of the Quarter

### PROMOTIONS:

#### Selected CAPTAINS:

CDR Steven Rohrer  
CDR Timothy Morien  
CDR David Wilson  
CDR Robert Corrigan  
CDR James Harlan  
CDR Philip Gregory Hilton  
CDR Mark Horn  
CDR Alan Lytle  
CDR Tim Sheridan  
CDR William Revak

#### Selected COMMANDERS:

LCDR Kevin Lane

#### Selected for Advancement to PO3

ITSN Justin M. Doss

ITSN Myesha R. Hardgrove

ITSN Demarcus R. Wilburn

YNSN Joshua R. Narciso

CSSN Andrea N. Smith

#### Selected for Advancement to PO2

CTR3 Ashley K. Whipkey

CTT3 Brittan Walters

IS3 David C. Fletcher

IS3 Laura R. Kaltwasser

IS3 Heather L. Malboeuf

IS3 Alicia R. Rivers

IS3 Nicole D. Wygant

IT3 Williams J. Hayes

IT3 Kendal E. Moores

#### Selected for Advancement to PO1

CTT2 Matthew Dennison

IS2 Tiffany Coulson

LN2 Pat Washington

IT2 Robert Jenkins

# H1N1 Flu

### **What is novel H1N1 (swine flu)?**

Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. The virus was first detected in the United States in April 2009. Other countries, including Mexico and Canada, have reported people sick with this new virus. This virus is spreading from person-to-person, probably the same way that regular seasonal influenza viruses spread.

### **Why is novel H1N1 virus sometimes called “swine flu”?**

This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia, avian genes and human genes. Scientists call this a “quadruple reassortant” virus.

### **IF YOU HAVE THE FLU OR THINK YOU HAVE THE FLU**

Swine Flu (H1N1) is a flu strain which normally infects pigs, that is now causing wide-

spread infections in people. Like most illnesses, you can prevent its spread.

These common-sense steps can help protect you and others:

- Wash your hands with soap and water or an alcohol-based cleaner often – especially before eating and after touching your face
- Avoid contact with flu victims
- Wash surfaces such as tables and countertops that someone may have coughed or sneezed on
- If someone in your household is sick, remain home. If you are a service member, consult your chain-of-command first
- Disinfect door knobs, light switches, and toilet handles with a store-bought disinfectant or a solution made with ¼ cup of household bleach and a gallon of cold water

Swine Flu (H1N1) is a treatable

illness. Medications such as Tamiflu and Relenza can fight it.

Take these steps if you have the flu or think you have the flu:

- Don't Panic
- Consult your health care provider
- If you are a service member, follow the normal procedure for reporting illness. Do not report for duty unless you have been cleared
- Stay home. If you are a servicemember, consult your chain-of-command first
- Cough or sneeze into disposable tissues, and discard them in a plastic bag after use
- Wash your eating utensils in hot, soapy water after each use. Don't share objects such as remote controls or pens

Additional information on the H1N1 influenza is available at:

-- The Center of Disease Control website: [www.cdc.gov/flu/swine](http://www.cdc.gov/flu/swine) or call 1-800-CDC-INFO

-- The Department of Defense website: [www.dod.mil/pandemicflu](http://www.dod.mil/pandemicflu)

-- The Department of Health and Human Services website: [www.pandemicflu.gov](http://www.pandemicflu.gov)

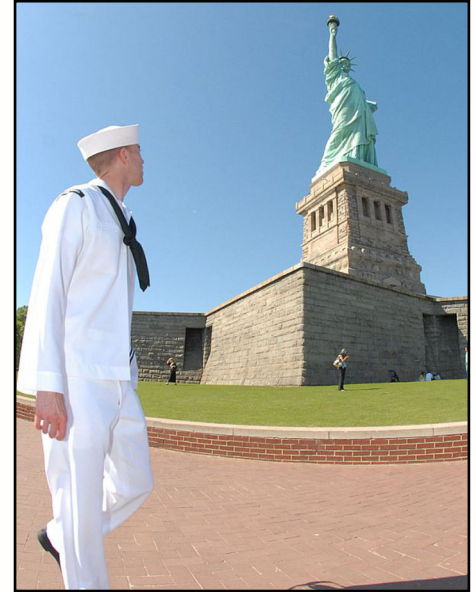
For more news from the fleet, visit [www.navy.mil](http://www.navy.mil).



## Fleet Week New York/ Fort Lauderdale



090428-N-9588L-024 PORT EVERGLADES, Fla. (April 28, 2009) The Los Angeles-class attack submarine USS Toledo (SSN 769) is moored next to the Arleigh Burke-class guided-missile destroyer USS Forrest Sherman (DDG 98) with the Whidbey Island-class amphibious dock landingship USS Ashland (LSD 48) in the background. (U.S. Navy photo by Chief Mass Communication Specialist Dean Lohmeyer/Released)



090521-N-4856C-320 NEW YORK (May 21, 2009) A Sailor assigned to Helicopter Mine Countermeasures Squadron (HM) 14 tours Liberty Island during Fleet Week New York City 2009. (U.S. Navy photo by Mass Communication Specialist Seaman Christopher L. Clark/Released)

### Fleet Week New York

#### Ships:

USS Iwo Jima (LHD 7)  
 USS Roosevelt (DDG 80)  
 USS Vella Gulf (CG 72)  
 USS Tempest (PC 2)  
 USS Hurricane (PC 3)  
 USS Thunderbolt (PC 12)  
 HMCS Athabaskan (DDG 282)  
 HMCS Fredericton (FFH 337)  
 HMCS Preserver (AOR 510)  
 HMCS ST. John's (FFH 340)  
 HMCS Montreal (FFH 336)  
 USCG Katherine Walker (WLM 552)

#### Personnel:

3,829 Sailors and Marines

#### Activities:

Ship Tours  
 Parade in the harbor  
 Tug of war competition and culinary contests  
 Memorial Day Ceremony  
 Musical performances by Sailors and marines

**More than 63,485 general public visitations conducted**



090428-N-2570W-003 FORT LAUDERDALE, Fla. (April 28, 2009) Sailors assigned to the Los Angeles-class fast-attack submarine USS Toledo (SSN 769) spend time with a patient at the Chris Evert Children's Hospital at Broward General Medical Center during Fleet Week Port Everglades 2009. (U.S. Navy photo by MC2 Joseph R. Wax/Released)



090525-N-5033P-145 NEW YORK (May 25, 2009) Members of the Fleet Week flag detail unfurl a U.S. flag during a Memorial Day commemoration aboard the USS Intrepid Sea, Air & Space Museum during Fleet Week New York City 2009. (U.S. Navy photo by Mass Communication Specialist 3rd Class Derek Poole/Released)



090523-N-3088S-012 NEW YORK (May 23, 2009) Sailors assigned to the amphibious assault ship USS Iwo Jima (LHD 7) and Marines from Camp Lejeune, N.C. participate in a tug-of-war match during the taping of the Today Show at Rockefeller Center in Manhattan during a Fleet Week New York City 2009 event. (Photo by Mass Communication Specialist 2nd Class Todd Stafford/Released)

### Fleet Week Fort Lauderdale

#### Ships:

USS Ashland (LSD 48)  
 USS Forrest Sherman (DDG 98)  
 USCGC Tahoma (WMEC 908)  
 USS Toledo (SSN 769)  
 HMCS Preserver (AOR 510)

#### Personnel:

1,797 Sailors and Marines

#### Activities:

Ship Tours  
 Musical performances by Sailors and marines  
 Fireworks  
 Parade in the harbor  
 Visits to hospitals

**More than 5,000 general public visitations conducted**